

2026-27 Peterborough Petes U15A Team Manual

Contents

Coach’s Bio..... 2

Coaching Philosophy 2

Team Philosophy..... 3

Championship Culture & MVP Process 4

Codes of Conduct..... 6

 Parents (& Family Members):..... 6

 Players:..... 6

Communication..... 7

Tryouts 7

Roster 7

Games..... 7

 Game Management 8

 Goalies 9

Practices 9

Dress Code 9

Mouth Guards 10

Injuries 10

Suspensions..... 11

Financial..... 11

 Fees 11

 Fundraising..... 11

Team Leadership..... 11

Screen Time 12

Social Media 12

Inclement Weather 13

Tournaments..... 13

Complaint Process..... 14

Meetings..... 15

Season Plan 15

APPENDIX..... 17



*Terms of this manual are subject to change.

Updated: April 18, 2026

Failing to prepare is preparing for failure. – Walter Gretzky



Coach's Bio

I bring over 30 years of coaching experience to the U15A team, both on and off the ice. I played rep hockey as a youth and have been involved with Peterborough Hockey Association (PHA) for over a decade, serving as a Head Coach, Trainer, Manager, Convenor, and Executive Member.

Beyond hockey, I have experience coaching various martial arts, youth soccer, youth baseball, and fitness and bodybuilding athletes. I have a Masters in Counselling Psychology with Honours, and an Honours Bachelor of Science in Psychology. I also have a Fitness & Lifestyle Management diploma, and previously worked as a personal trainer.

As a qualifying psychotherapist, I focus on athlete and coach development, as well as first responder mental health. I am also a family mediator specializing in working with families engaged in high conflict. These experiences strengthen my ability to create a positive, structured, and supportive team environment.

Certifications:

- Registered Psychotherapist (Qualifying);
- Development 1;
- Development 1 Field Evaluator;
- NCCP Level 1;
- HCSP Trainer Level 1;

Quick Facts:

- two boys (Owen – 15 & Liam – 13);
- Newfoundland heritage;
- served almost 10 years as a volunteer firefighter;
- multiple national & international fitness titles in 1999 & 2000, including a world championship;
- black belts in Kosho Shorei Ryu Kempo, and Dai Nippon Jiu-Jitsu;
- ride a motorcycle;
- love being on the water on the boat;
- play guitar.

I am committed to fostering a competitive, respectful, and hardworking team culture, where players develop both their character and their skills.

Coaching Philosophy

Rule #1: Have Fun

This is why people should be involved with any activity or sport. Sports are valuable to teach discipline and teamwork, but none of those lessons will be learned without enjoying the game. Fun Fuels Focus! If the player enjoys the activity and feels safe with the people around them, they will be more inclined to actively participate. By participating more, their level of discipline will improve, they will learn teamwork, and they have a better chance of developing into better players. Ultimately, these skills will help them become well-adjusted adults later in life.

Coaching staff also need to enjoy what they are doing with the team. If they are enjoying their leadership roles and time with the team, they will have more energy to put into the team. It will also create an environment wherein coaches want to continue volunteering their time and passion to the sport.

Rule #2: Try Your Hardest

If you want to get better, you need to put in the work. Putting in a high level of effort will create significantly better results than simply going through the motions. It is also important to note that high effort does not only apply to skating on the ice. It also applies to being focussed during team events, being attentive when coaches are talking, and practicing skills on your own time. If the player actively tries to improve, this will lead to more team success.

Sometimes however, hard work is not enough, and our best is not *the* best. There will always be those who are better at certain activities. When that happens, the player will learn humility. But, they can also take great pride in the fact that regardless of the loss, they gave their best effort.

Coaches also need try their hardest. This includes asking other coaches for ideas and help if needed, and making a commitment to ongoing personal and professional development.

Rule #3: Learn From Your Mistakes

Everyone falters! Life is not only about success and more often than not, the greatest lessons come from adversity. Some people give up. The ones who succeed are those who assess the situation, find areas of improvement, and make an effort to improve on those areas. By looking at the situation as a lesson instead of a failure, there is a greater chance of future success.

Coaches also make mistakes! When this happens, we need to be humble in acknowledging our errors, but also willing to learn from them. This sets a positive example for the players in that they can see coaches trying to improve. It also teaches an invaluable lesson to hear an adult say "I made a mistake."

As a coach, it is my responsibility to implement The 3 Rules, and to help the players and coaching staff move forward in their hockey careers. I need to help them break down their mistakes, and find possible solutions. I need to encourage them to try their best and most importantly, I need to create a safe, inclusive, and fun environment for everyone. I also need to show humility and demonstrate that I am a member of the team; just like them.

Team Philosophy

The foundation of the 2026-27 Peterborough U15A Petes will be defined in our core principles. The team is greater than the sum of all parts including individual players, coaching staff, and family members. Each member of the team is expected to understand that no one player is more important than the team.

A chain is only as strong as its weakest link, and no player should knowingly allow themselves to become the weak link in the team chain. Our strength will not be defined just by the game scores, but by our sense of team, our desire to win, our willingness to learn, and our work ethic. We will always strive to be amongst the very best, and our goals are very clear; fun, player development, and a winning season.

Championship Culture & MVP Process

MISSION

- Develop each player to become the best version of themselves

VISION

- **PETES** Today...
- Every player wants to play hockey in the 2027-28 season;
- Win at least 1 tournament;
- Finish Top 3 in Lakeshore League Regular Season;
- Win Lakeshore League Playoffs;
- Rank top 40 in Ontario;
- Advance to OMHA Championship Weekend;
- ... **PETES** for Life.

CORE PRINCIPLES

Principle:	Definition:
Preparation	<ul style="list-style-type: none"> • Prepare our bodies, minds, and gear every day; • Arrive early, warmed up, and ready to compete; • Practice with game intent; • Preparation is a form of respect for teammates and the game.
Effort	<ul style="list-style-type: none"> • Maximum effort on every shift, every drill, every rep; • Compete for pucks, ice, and positioning; • Effort is non-negotiable, regardless of our role or ice time; • Control our effort even when we can't control outcomes.
Team First	<ul style="list-style-type: none"> • Put the team ahead of individual stats or recognition; • Communicate positively and constructively; • Support teammates on and off the ice; • Hold each other accountable with respect.
Execution	<ul style="list-style-type: none"> • Play with discipline and attention to detail; • Make smart decisions at speed; • Trust our systems and roles; • Simple, fast, and effective hockey.
Standards	<ul style="list-style-type: none"> • Uphold a high standard every day, not just on game day; • How we practice is how we play; • Our behaviour, work ethic, and attitude represent our team; • Don't lower our standards, ever.

	ABOVE THE LINE BEHAVIOUR “What it looks like” Winning – Intentional – Disciplined
Person	<ul style="list-style-type: none"> • Be on time; • Do things right, and do the right things; • Treat others with kindness, understanding, & respect; • No BCD (Blaming, Complaining, Defensiveness).
Student	<ul style="list-style-type: none"> • Attend every class. If we do not attend school, we do not attend hockey; • Turn in all work on time; • Take ownership of your work;
Player	<ul style="list-style-type: none"> • Growth mindset; • Control what you can control; • Team First! Mentality (<i>We Before Me</i>); • Great competitor – Win each shift;
Coach	<ul style="list-style-type: none"> • Be positive & supportive; • Maintain standards; • Be accountable; • Coach the person, then the player; • Lead by example;
Parent	<ul style="list-style-type: none"> • Be a fan of everyone on the team; • Reinforce and encourage team principles at home; • No BCD.

Codes of Conduct

(Additional to PHA Codes of Conduct)

Parents (& Family Members):

1. ensure your player is on time! If they are going to be late or miss a game, practice, or other team event, let the Manager or Coach know ASAP by phone, text, or email;
2. respect the players, coaches, referees & your fellow parents;
3. no yelling at refs for a bad call. They will not change their mind;
4. player positions may change throughout the season to best suit the team;
5. no player screen time for one (1) hour prior to arriving at the arena;
6. with the exception of injuries or other emergency, parents are not to be in the change room or change room hallway immediately before, during, or after games unless requested by bench staff;
7. 2-Deep Rule → If an adult is in the change room with any child other than their own, there must be at least one other adult in the room or immediately outside the room with the door open;
8. if there is an issue with a child on the ice/ bench or in the dressing room, it will be dealt with as a team. There is no need for follow-up at home unless asked by the coaching staff;
9. no armchair coaches or psycho hockey parents! → Do NOT approach the bench/ ice during a game or practice without being asked by the coaching staff;
10. after each game & practice, ask your child for one thing they believe they need to work on, & one thing they did well. Offer them your opinion only if asked. Then, drop it! Do not nag your child after games/ practices;
11. if you disagree with a coaching decision, please do not discuss it with your child. It undermines the coaching staff which also undermines the team. Address your concerns directly with the coaching staff in a respectful manner;
12. 24 Hour Rule → Please allow 24 hours after any game or practice to email the Manager with any concerns, problems or issues. If a parent* approaches any of the coaching staff in an aggressive manor directly after a game or practice, the incident will be reported to the PHA Executive, and the parent or child in question may be suspended. (*Parents refers to parents, step-parents, extended family members and friends connected to players on the team.)

Players:

1. respect your parents, coaches, teammates, referees & yourselves;
2. players, not parents, are responsible for ensuring hockey bags are properly packed;
3. no yelling at refs for a bad call. They will not change their mind.
4. there is zero tolerance for fighting, name-calling, bullying, or intentionally making your teammates feel bad;
5. players will treat opposing players, coaches, and fans with respect at all times;
6. player positions may change throughout the season to best suit the team;
7. bladders are to be empty before getting your equipment on (i.e. have a pee when you get to the arena).
8. school is a priority! If you are too sick to go to school, you are too sick to attend team activities. If you are suspended from school, you will also be suspended from team activities.

Communication

- notifications about missing practices and/ or games shall be directed to the Manager and/ or Head Coach via text and/ or email;
- in the event that a member of the coaching staff messages a player on the team, the “Two Deep Rule” applies (i.e. at least one other member of the coaching staff and/ or a parent shall be copied);
- in the event that a player wishes to text/ email a member of the coaching staff, they shall ensure that at least one other adult (e.g. parent, Manager) is copied;
- players are encouraged to have a working email account in which they may receive communications about the team (e.g. team building, homework, drills);

Tryouts

- May 4 – 10, 2026;
- ice allocation determined by PHA and on the website under the Tryouts tab;
- on-ice and off-ice evaluators;
- skills assessment, small-area games, scrimmages, exhibition games;
- exhibition games scheduled by PHA;
- releases will be made after the first tryout;
- selection based on work ethic, individual skills, team skills, hockey IQ, compete level. If you are a player who struggles to move the puck (i.e. puck hogs), you will not make this team;
- players may be required to submit comments from most recent school report card;
- offers/ requests to assist as a member of the bench staff are not to be submitted until your player has been selected.

Roster

- 16-17 skaters;
- mixture of right-hand and left-hand shots;
- 9-10 Forwards;
- 6-7 Defence;
- 2 goalies;
- Affiliate Players (AP’s) will be scouted and rostered in the Fall;
 - ~ 3-5 players (Forward, Defence);
 - 1-2 goalies.

Games

- approximately two (2) games per week;
- total number of league games established by Lakeshore League (~24);
- no league games during the Winter Break;

- playoff games are possible during March Break (Lakeshore Hockey League decision);
- no screen time for approximately two (2) hours before arriving at the arena;
- players are to be at the arena and check-in with coaches approximately one (1) hour before each game;
- no cell phones in the change room;
- players are to change into warm-up clothing upon arrival;
- warm-up clothing includes PHA Petes shorts/ pants, PHA Petes technical t-shirt, running shoes. Players may wear compression shirts/ pants underneath;
- Players are encouraged to bring a light snack (e.g. fruit, cereal bar, gel) for 2nd period intermission;
- unless there are extenuating circumstances (e.g. emergency, forgotten piece of equipment/ water bottle, reminding player that they need to leave quickly after the game, etc), parents are not to be in the change rooms or in the change room hallways before, during, or immediately after games;
- only gloves, helmets, & mouth guards to be removed during intermission &/ or immediately following a game until team debrief completed;
- if a player is required to undress quickly after a game, the player should notify the coaching staff ahead of the game.

Game Management

- shift length approximately 30-60 seconds;
- aggressive, up-tempo style of play;
- ice time generally distributed fairly based on team needs;
- ice time late in close games will be situational;
- lazy/ careless penalties and penalties with an intent to injure will lead to a loss of ice time;
- for precautionary reasons, players will likely be required to rest/ recover for a period if a Trainer tends to them on the ice.

In general, attempts will be made to provide fair and equitable ice time to each player. It will not be equal ice time, as coaching staff will not be timing each player's shift. If you are a parent who plans to time shifts and/ or bring a stopwatch to games, you are asked to try out elsewhere. If you bring a stopwatch/ timer to games, your player will not play.

Attempts will be made to ensure all players on the team know the Power Play and Penalty Kill systems, and have an opportunity to implement those systems during games. As the season progresses however, the Coaching staff will likely implement specific Power Play lines.

There may be times during close or important games in which equitable ice time will not be implemented. Your player may miss shifts, or may be double-shifted. In those high stakes situations, it is not about your player, and it is not about you. It is about the team. Efforts will be made to honour the idea of equitable ice time while also respecting the team's desire to win.

Goalies:

Each goalie shall play approximately forty percent (40%) of the games, and this may not be in a consistent or predictable rotation. It will be the coach's discretion as to who plays the remaining twenty percent (20%) of the games.

Within reason (e.g. illness), goalies are required to attend all games even if they know they will not be the starting goaltender.

Practices

- no screen time for a minimum of one (1) hours before arriving at the arena;
- arrive approximately 45minutes before scheduled practice time;
- approximately 25min of pre-practice dryland training;
- approximately two (2) practices per week as assigned by PHA;
- additional practice every week in October, November and December for power skating;
- players must be ready to begin practice at the scheduled start time;
- no cell phones in the change room (cell phone use in the change room before a practice will result in missing a period of play in the next game);
- “Free-Time” during some practices
 - players/ goalies will be given time to work on skills independently;
 - time must be used constructively.

Dress Code

(Applies to Games)

Home Games – business professional (e.g. suits);

Away Games – PHA Petes Warm-Up Suits;

Tournaments – PHA Petes Warm-Up Suits;

Practices – PHA Petes Warm-Up Suits;

Hats – Petes toques only (no ball caps, no dress hats) for games, ball caps permitted for practices;

Helmets:

- unless applied by the manufacturer (e.g. CSA stickers), only the following stickers:
 - numbers on the front;
 - Petes stickers on both sides
- no cage-hang

Stick Tape

- one solid colour on the blade
- one solid colour on the butt-end

Shin Pad Tape

- clear only

Skate laces

- White only

Facial Hair

- playoff beards encouraged

Cut-Resistant Wrist Guards

- recommended

Jersey Etiquette

- players must bring both Home and Away jerseys and socks to each game;
- jerseys are to be on hangers (preferably in a jersey bag);
- jerseys are to be free of stains;
- if wearing a jersey to a social event (e.g. jersey day at school, NHL game, OHL game, any game involving a PHA team), it is recommended that the dark Away jersey be worn to avoid potential stains on the white Home jersey.

Mouth Guards

- must be worn properly in the mouth (i.e. no Matthew Tkachuk's);
- applies to players and goalies;
- can be any colour (not clear);
- boil & bite is acceptable

Injuries

- when an injury occurs, the Trainer will log that injury into their Injury Log;
- the Trainer has discretion to request a medical assessment and Return-To-Play documentation (e.g. HCTP Return-To-Play Form, doctor's note) prior to a player returning to on-ice activities (e.g. games, practices);
- in the event that a player leaves a game due to injury, a medical assessment must be completed along with a Hockey Canada Injury Report. Return-To-Play documentation (e.g. HCTP Return-To-Play Form, doctor's note) is required before returning to on-ice activities (i.e. practices, games);
- in the event that a player leaves a practice or game due to a suspected concussion, a medical assessment must be completed along with a Hockey Canada Injury Report. Return-To-Play documentation (e.g. HCTP Return-To-Play Form, doctor's note) is required before returning to any team activities (i.e. on-ice or off-ice);
- if a Hockey Canada Injury Report is required, it is to be returned to the Trainer within twenty-four (24) hours of the injury. The Trainer will then submit the Report to the PHA Head Trainer;
- the Trainer will provide the PHA Head Trainer with a copy of any Return-To-Play documentation;
- at the discretion of the coaching staff, injured players may be on the bench during games provided they are wearing full equipment (excluding skates).

*see Appendix for copies of the forms.

Suspensions

- suspended players are required to attend all games;
- suspended players are required to arrive for games approximately one (1) hour before the scheduled game time;
- suspended players are required to follow the dress code while attending games during their suspension;
- suspended players may participate in the team pre-game dryland warm-up;
- suspended players are not to distract players from pre-game routines, or during game play.

Financial

Fees

- familiarize yourself with PHA's Code of Conduct (Rep Fees);
- add U15A@peterboroughhockey.com to your e-transfer payees;
- \$300 deposit due on or before June 1, 2025 to reimburse coach for tournament fees paid;
- monthly fees begin in July 2025 (amount TBD based on final budget);
- team fees need to be paid in full on or before February 28, 2027;

Fundraising

- team will need to select a Fundraising Lead;
- BioSteel Fundraiser Program:
 - already signed up;
 - percentage of sales returned to the team;
 - Canadian company;
- Lake Ontario Hunting Retriever Club (June 6 & 7, 2026);
 - all players expected to participate;
- raffles, food sales, bottle drives, etc:
 - pending team approval;
 - OMHA prohibits sale of alcohol;
 - bench staff are not obligated to sell tickets/ products. They contribute significant time and energy both on and off the ice.

Team Leadership

Captain's and Assistant Captains will likely be selected in Fall 2026. Criteria will be based on leadership qualities. Note that leadership qualities are not always overt (e.g. the directive player in the change room). Sometimes, it can be someone who leads by example (e.g. hard worker, positive attitude, arrives prepared).

Selection will be finalized by coaching staff taking into consideration the input of the players.

Screen Time

- phones are NOT permitted in the change rooms at any time;
- no screens for a minimum of two (2) hours before arriving for games;
- no screens for a minimum of one (1) hour before arriving for any other team events (e.g. practice, dryland, team building, video review);
- if your average screen time is greater than your average practice time, do not ask about your playing time.

Guidelines:

1. **Create "No Phone" Zones and Times:** Designate specific areas (e.g., dining table) or times (e.g., during family meals, in the bedroom at night) as phone-free to encourage face-to-face connection and better sleep;
2. **Use "Do Not Disturb" or Focus Modes:** Utilize built-in phone features to silence nonessential notifications during work, study, or sleep, reducing constant interruptions;
3. **Charge Phones Outside the Bedroom:** To avoid late-night scrolling and improve sleep quality, charge devices in a common area overnight rather than by the bed;
4. **Practice "Screen-Free" Breaks:** Actively schedule time to be away from screens, such as going for a walk, reading, or socializing in person, to reduce digital fatigue;
5. **Turn Off Non-Essential Notifications:** Disable alerts for social media, news, and games to prevent being pulled back into the phone unnecessarily;
6. **Audit Your Screen Time:** Regularly check your device's usage reports to understand your habits, identify "drain" apps (doom-scrolling), and set daily time limits for app usage;
7. **Use "Gray-Scale" Mode:** Set your phone display to black and white to make the screen less visually appealing and less addictive;
8. **Keep Phones Out of Sight While Working/Studying:** Placing your phone in another room or in a bag reduces the temptation to check it, improving focus.

Social Media

Please familiarize yourself with the PHA Social Media Policy. Note that it applies to group chats as well as public platforms.

Team chats (e.g. text, SnapChat) are covered under the social media policy. Be mindful of what you post. Any derogatory comments that may be construed as discriminatory or bullying will be dealt with swiftly, and likely with discipline (i.e. suspensions). Discrimination and bullying of any sort will not be tolerated on this team. If players are posting on any social media platform, they are only to post comments that are positive and meant to build up people.

Guidelines:

1. **Curate Your Feed:** Follow content that inspires or educates. Unfollow or mute accounts that induce anxiety, stress, or low self-esteem;
2. **Think Before You Post:** Once something is posted, it is online forever. Before posting or sharing, ask yourself whether the content is true, kind, or something you would say in person;
3. **Set High Privacy Settings:** Regularly review and maximize privacy settings on all social media platforms to protect personal information;
4. **Report Cyberbullying and Harmful Content:** Reporting, not just ignoring bullying or inappropriate content to trusted adults or platform moderators;
5. **Understand “Digital Nutrition:”** Think of screen time like a diet. Some content is “vegetables” (e.g. educational, creative), and other content is “sugary snacks” (e.g. doom scrolling). Aim for balance;
6. **Recognize Emotional Triggers:** Learn to identify when social media is making you feel anxious or left out, and take a break when necessary;
7. **Focus on Quality Content:** Use social media to connect with family/ friends, or to pursue hobbies, rather than just passive consumption.

Inclement Weather

Please familiarize yourself with the PHA Inclement Weather Policy. Hockey is a winter sport, and we live in Southern Ontario. It is going to snow! Expect to drive in weather that is not ideal from time-to-time. It is unlikely that Away games will be cancelled unless PHA makes a decision to cancel all Away game.

If you decide that your player will not attend due to inclement weather, that is your prerogative. Safety first! It will not be held against you or your player. Please notify the Manager and/ or Coach of your decision a minimum of two (2) hours prior to planned departure. This will allow the coach an opportunity to explore other options (e.g. asking an AP player to attend). If you do decide to attend, please drive according to road conditions.

Tournaments

Planned tournaments are as follows (*subject to change*):

- Georgian Bay Early Bird (Sept 25-27, 2026);
- Georgina Regional Silver Stick (Nov 5-8, 2026);
- Kutting Edge Klassic in Barrie (Nov 20-23, 2026);
- Melanie Clancy Memorial in Peterborough (Jan 28-31, 2027).

Curfews and team activities (e.g. pool, group stretch) will be imposed based on tournament schedules. If a curfew is set, players and parents are expected to honour the curfew, and ensure their player is in their room, and in their bed at the times determined by the coaching staff. Curfew violations may result in a loss of playing time in the following game.

Attempts will be made to arrange a minimum of one (1) team event for players and parents during each tournament weekend.

Complaint Process

Step 1:

- allow a minimum of twenty-four (24) hours after any game or practice before contacting the Manager with any concerns, problems, or issues.

Step 2:

- email the Manager, and include the following:
 - child's name in the subject and date of the incident
 - provide a brief description of the situation (maximum 1/2 page, Times New Roman, 12pt font)
 - refrain from language implying blame

Step 3:

- the Manager shall forward the concerns to the Coach, and the PHA Director assigned to the team.
- within 48 hours of the issue being presented to the Manager, the Manager and/ or Coach shall follow-up with the parent(s) and/ or player with either a proposed solution or to request a meeting with the parent(s) and/ or player.
- if the parent(s) do not reply within 24 hours or decline a meeting, the matter shall be considered resolved.

Step 4:

- if the proposed solution is not accepted by the parent(s)/ player, a meeting shall be scheduled to explore alternate solutions. The meeting shall be scheduled as soon as reasonably possible, and ideally before the next team event (practice, game, etc).
- the Manager and the Coach shall both attend the meeting as representatives from the team
- in the event that the complainant is the Manager or the Coach, another member of the team's Bench Staff shall attend as a representative of the team.
- the meeting's focus shall be on solutions and moving forward; not blame

Step 5:

- if the matter is considered resolved, within 48 hours of the meeting, the Manager or Coach shall provide the parent(s) with a written report consisting of:
 - brief description of the issue and when it occurred
 - date issue presented to Manager
 - date of Manager's and/ or Coach's reply to parents and initial proposed solution
 - date of meeting between Manager, Coach, and Parent(s)
 - outcome of meeting including agreed upon solutions

- if the matter is not considered resolved, it shall be forwarded to the PHA Executive for resolution

Meetings

(Subject To Change)

There will be team meetings throughout the year. Parents and players are expected to attend the team meetings unless scheduled as otherwise (i.e. Parents Only Meeting, Players Only Meeting).

Planned meeting dates are:

- May 11, 2026
 - Welcome To The Team;
 - 6pm;
 - PHA Room (outside Sign-A-Fied pad) at Healthy Planet Arena
- September 2025
 - Pre-season Check-In
- November 2025
- January 2025
- April 2026
 - end of season banquet

Season Plan

(Subject to Change)

May

- tryouts
 - May 4th – 10th;
 - dates and times scheduled by PHA;
- first team meeting
 - player and team expectations;
 - codes of conduct;
 - initial budget review;
 - discuss fundraising event(s);
- Coach begins individual player check-ins (will likely carry over to June).

June – August (Optional Activities)

- coach check-ins with individual players;
- encourage multi-sport participation;
- players to maintain fitness;
- off-ice strength & conditioning;
- occasional skills based practices (3-4);

September

- pre-season training camp (4-5 days);
- team building activity (possibly during pre-season tournament);
- team meeting(s);
- regularly scheduled practices begin (scheduled by PHA);
 - team photo;
 - skating focus;
- 2 exhibition games;
- Pre-season Tournament;
- regular season begins September 28th.

October - December:

- dryland training 1-2 times/ week;
- video review begins;
- systems implementation;
 - D-Zone;
 - O-Zone
 - Penalty Kill;
 - Power Play;
 - based on execution of individual skills
 - systems won't work if players cannot execute individual skills
 - e.g. breakout won't work if you cannot give/ receive a pass in motion
- player report cards (likely November);
- parent meeting;
- 2 tournaments;
- Winter Break with no league games.

January – Mid-February

- playoff preparation;
 - high intensity practices;
 - mental resilience;
- player reports cards (likely February);
- video review;
- parent meeting;
- Melanie Clancy Memorial Tournament in Peterborough (Jan 28-31, 2027)

Mid-February – March:

- playoffs;
- focus:
 - intensity;
 - tactical adjustments
- end of year banquet

APPENDIX



HOCKEY CANADA INJURY REPORT



See reverse for mailing address.

Forms must be filled out in full or form will be returned. This form must be completed for each case where an injury is sustained by a player, spectator or any other person at a sanctioned hockey activity.

CLAIMS MUST BE PRESENTED WITHIN 90 DAYS OF THE INJURY DATE.

DATE OF INJURY: ___/___/___
Mo. Day Yr.

INJURED PARTICIPANT: Player Team Official Game Official Spectator

Name: _____ Birthdate: ___/___/___ Gender: M F
Mo. Day Yr.

Address: _____

City / Town: _____ Province: _____ Postal Code: _____ Phone: (___) _____

Parent / Guardian: _____ Email Address: _____

AGE DIVISION

- Under-7 Under-9 Under-11 Under-13 Adult Rec
- Under-15 Under-18 Under-21 Junior Senior

CATEGORY

- AAA A BB CC DD House Minor Junior
- AA B C D E Major Junior Other _____

BODY PART INJURED

Arm:		Leg:		Head:	Trunk:	Back:
Left	Right	Left	Right			
<input type="checkbox"/> Shoulder	<input type="checkbox"/> Shoulder	<input type="checkbox"/> Shin	<input type="checkbox"/> Shin	<input type="checkbox"/> Eye Area	<input type="checkbox"/> Abdomen	<input type="checkbox"/> Neck
<input type="checkbox"/> Upper arm	<input type="checkbox"/> Upper arm	<input type="checkbox"/> Knee	<input type="checkbox"/> Knee	<input type="checkbox"/> Face	<input type="checkbox"/> Chest	<input type="checkbox"/> Lower
<input type="checkbox"/> Collarbone	<input type="checkbox"/> Collarbone	<input type="checkbox"/> Toe	<input type="checkbox"/> Toe	<input type="checkbox"/> Throat	<input type="checkbox"/> Ribs	<input type="checkbox"/> Upper
<input type="checkbox"/> Elbow	<input type="checkbox"/> Elbow	<input type="checkbox"/> Thigh	<input type="checkbox"/> Thigh	<input type="checkbox"/> Skull	Pelvis:	
<input type="checkbox"/> Hand/Finger	<input type="checkbox"/> Hand/Finger	<input type="checkbox"/> Foot	<input type="checkbox"/> Foot	<input type="checkbox"/> Dental	<input type="checkbox"/> Hip	<input type="checkbox"/> Groin
<input type="checkbox"/> Forearm/Wrist	<input type="checkbox"/> Forearm/Wrist	Other: _____				

NATURE OF CONDITION

- Concussion Laceration Fracture
- Sprain Strain Contusion
- Dislocation Separation Internal Organ Injury

ON-SITE CARE

- On-Site Care Only Refused Care

Sent to Hospital by: Ambulance Car

INJURY CONDITIONS

Name of arena/location: _____

- Exhibition/Regular Season Period #2
- Playoffs/Tournament Period #3
- Practice Overtime: _____
- Try-outs Dry Land Training
- Other Gradual Onset
- Warm-up Other Sport
- Period #1 Other: _____

CAUSE OF INJURY

- Hit by Puck
- Collision with Boards
- Non-Contact Injury
- Hit by Stick
- Collision on Open Ice
- Collision with Opponent
- Fall on Ice
- Checked from Behind
- Collision with Net
- Fight
- Blindsiding

Was the injured player in the correct league and level for their age group? Yes No

Was this a sanctioned Hockey Canada activity? Yes No

LOCATION

- Defensive Zone Offensive Zone Neutral Zone
- Behind the Net 3 ft. from Boards Spectator Area
- Parking Lot Dressing Room Bench
- Other: _____

WEARING WHEN INJURED

- Full Face Mask
- Helmet/No Face Shield
- No Helmet/No Face Shield
- Intra-Oral Mouth Guard
- Half Face Shield/Visor
- Throat Protector
- Short Gloves
- Long Gloves

ADDITIONAL INFORMATION

Has the player sustained this injury before? Yes No

If "Yes" how long ago? _____

Was a penalty called as a result of the incident? Yes No

Estimated absence from hockey?
 1 week 1-3 weeks 3+ weeks

DESCRIBE HOW INCIDENT HAPPENED

(Attached additional page if necessary)

I hereby authorize any Health Care Facility, Physician, Dentist or other person who has attended or examined me/my child, to furnish Hockey Canada any and all information with respect to any illness or injury, medical history, consultation, prescriptions or treatment and copies of all dental, hospital, and medical records. A photo static/electronic copy of this authorization shall be considered as effective and valid as the original.

Signed: _____
(Parent/Guardian if under 18 years of age)
Date: _____

TEAM INFORMATION

(To be completed by a Team Official)

Association: _____

Team Name: _____

Team Official (Print): _____

Team Official Position: _____

Signature: _____

Date: _____

HEALTH INSURANCE INFORMATION

THIS MUST BE FILLED OUT IN FULL OR FORM PROCESSING WILL BE DELAYED

Occupation: Employed Full-time Employed Part-time
 Unemployed Full-Time Student

Employer (If minor, list parent's employer): _____

1. Do you have provincial health coverage? Yes No Province: _____

2. Do you have other insurance? Yes No
(IF "YES", PLEASE SUBMIT CLAIM TO YOUR PRIMARY HEALTH INSURER.)

3. Has a claim been submitted? Yes No
(IF "YES", PLEASE FORWARD PRIMARY INSURER EXPLANATIONS OF BENEFITS.)

Make Claim Payable To: Injured Person Parent Team Other: _____

MEMBER APPROVAL



HOCKEY CANADA INJURY REPORT



Participant's name: _____

PHYSICIAN'S STATEMENT

Physician: _____ Address: _____ Tel: (____) _____

Name of Hospital / Clinic: _____ Address: _____

Nature of Injury:

Date of First Attendance: _____

Claimant will be totally disabled:

From: _____ To: _____

Is the injury permanent and irrecoverable? No Yes

Give the details of injury (degree):

Prognosis for recovery:

Did any disease or previous injury contribute to the current injury?

No Yes (describe):

Was the claimant hospitalized? No Yes

(give hospital name, address and date admitted):

Names and addresses of other physicians or surgeons, if any, who attended claimant:

I certify that the above information is correct and to the best of my knowledge,

Signed: _____ Date: _____

DENTIST STATEMENT

Limits of coverage: \$1,250 per tooth, \$3,000 per accident. Treatment must be completed within 52 weeks of accident. (Effective September 1st, 2018)

UNIQUE NO. SPEC. PATIENT'S OFFICIAL ACCOUNT NO.

Patient

Last name Given name

Address

City / Town Province Postal Code

Dentist

Phone No _____

I hereby assign my benefits payable from this claim directly to the named dentist and authorize payment directly to him / her

SIGNATURE OF SUBSCRIBER

For dentist use only - for additional information, diagnosis, procedures or special consideration.

DUPLICATE FORM

I understand that the fees listed in this claim may not be covered by or may exceed my plan benefits. I understand that I am financially responsible to my dentist for the entire treatment. I acknowledge that the total fee of \$_____ is accurate and has been charged to me for the services rendered.

I authorize release of the information contained in this claim form to my insuring company/plan administrator.

SIGNATURE OF (PATIENT/GUARDIAN) OFFICE VERIFICATION

DATE OF SERVICE MO. / DAY / YR.	PROCEDURE	INITIAL TOOTH CODE	TOOTH SURFACE	DENTIST'S FEE	LAB CHARGE	TOTAL CHARGE

This is an accurate statement of services performed and the total fee due and payable & oe. TOTAL FEE SUBMITTED _____

NOTE: All benefits subject to insurer payor status, provisions of the policy, Hockey Canada sanctioned events.

Mail completed form to: **ONTARIO HOCKEY FEDERATION**
9 - 400 SHELDON DRIVE
CAMBRIDGE, ON
N1T 2H9

TEL: 226-533-9070
FAX: 519-620-7476
OHF.ON.CA



HOCKEY TRAINERS CERTIFICATION PROGRAM RETURN TO PLAY

Name of Player

is able to return to play following injuries sustained on

Date

Considerations /restrictions with respect to return to play:

Please include any step-wise programming (e.g. return to non-contact practice, contact practice, games)

Name of Medical Authority

Type of Medical Authority

Date: _____

Signature

This information is strictly confidential and will only be used to assist in the player's safe return to play. All records will be returned to the player.

NOTE: The HTCP recommends that this be completed by a physician, chiropractor, physiotherapist or nurse practitioner for muscular or skeletal injuries (excluding fractures). Fractures as well as all neurological injuries including spinal injuries and concussions must be signed off by a physician.

Disclaimer: Personal information used, disclosed, secured or retained will be held solely for the purposes for which we collected it and in accordance with the National Privacy Principles contained in the Personal Information Protection and Electronic Documents Act.